

Grease cutting machine

OPERATION INSTRUCTION



EASY INSTALLATION

POWER ON

Attention: Please make sure to insert the battery according to the polarity markings inside the battery compartment.



1. Remove the back of the remote control and insert two AAA batteries (not included)



2. Connect the power cord and turn on the red power supply.



3. The suction cup will first adhere to the ground to prevent splashing before starting.

INSTALLATION OF TENSION ROPE



1. Flip the vibrating plate over and fix it with patches and screws.



2. A tension rope hung on an iron piece.

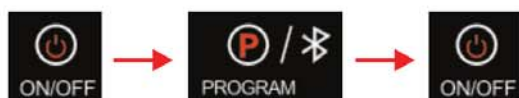


3. The operation is completed and work begins.

PRE START OPERATION



PROGRAM



MANUAL VERSION



BUTTON DESCRIPTION



STARTUP SEQUENCE

ON/OFF	TIME	SPEED	MODE+BLUETOOTH
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1. Start/Stop.
2. In the stopped state, the time adjustment button can adjust the time from 1:00 to 20:00. Press and hold for more than 2 seconds to quickly adjust the time.
3. In the starting state, you can press the speed button to increase or decrease by 1-200. Long press for more than 2 seconds to quickly increase or decrease the speed.
4. Press the "P" key to enter the program mode options P1-P9. Press and hold for more than 3 seconds to enter the Bluetooth switch state.

Note: Each short press will cause the buzzer to beep for 200ms, while long press will not sound the buzzer. In the starting state: Time starts counting, and the display switches between time and gear every 3 seconds,

Description of Bluetooth connection method: Long press the Bluetooth button to turn on Bluetooth mode, and the voice will prompt 'Bluetooth open' to turn on the phone's Bluetooth. Connect to Bluetooth, and the voice prompt 'Bluetooth connected' will play music

PROGRAM AND SPEED	
AUTOMATION	MANUAL OPERATION
THE PROGRAMMING SETTING MODE AUTOMATICALLY ADJUSTS THE SPEED EVERY MINUTE, RUNNING AT DIFFERENT SPEEDS EVERY MINUTE.	MANUAL RHYTHM ADJUSTMENT, INFINITE LOOP RHYTHM.

REMOTE CONTROL DESCRIPTION

REMOTE CONTROL OPERATION IS THE SAME AS SCREEN OPERATION



REMOTE CONTROL WITHOUT BATTERY

EXERCISE PLAN GUIDE

HOW TO GET STARTED

We suggest that you start using the vibration board platform with a slow and gentle rhythm, as adapting to the movement and sensation of the vibration board may take some time. We recommend that you follow the exercise guide below - gradually progressing from the beginner stage to the advanced stage, which takes several weeks.

SPORTS GUIDE

Please stretch and practice according to the seconds shown on page 11. As you gradually complete each level, your strength and endurance will be enhanced.

level	Program Mode	speed	seconds
beginner	P1	H10	10
	P2	H25	25
	P3	H40	40
intermediate	P4	H65	65
	P5	H80	80
	P6	H105	105
advanced	P7	H140	140
	P8	H175	175
	P9	H200	200

MAINTENANCE AND TROUBLESHOOTING

problem	reason	Solution
The product cannot be started	The plug is not inserted correctly	Insert the plug
	Turn off the power switch	Rotate the switch on the indicator
	The fuse is blown	Replace with a new fuse of the same model
Hearing sounds similar to "pu" or "dada" while working	Normal sound generated by friction between motors or mechanical components	No additional processing required

Operate the controller but the product does not respond	dead battery	Replace the battery
	The controller is too far away from the product	Effective range of infrared signal
Auto power-off	Too many commands sent to products causing them to malfunction	The restart interval is 10 minutes
The product is not functioning	The default working time has expired	dump and restart
The product cannot adjust the speed	The machine has not started to vibrate when it vibrates	When starting to adjust the speed

SPECIFICATIONS

Product Name	Grease cutting machine
model	SZJ-05
rated voltage	110V/220V
Frequency and amplitude	5-12.5 Hz and 0-12 mm
power rating	200W
speed range	1-200
color	Black/Pink
Required batteries	2 AAA batteries (not included)

HOW TO USE MANUAL MODE?

In manual mode, the vibration speed corresponds to the following levels.

Low setting	Medium setting	High setting
1-60 RPM	61-120 RPM	121-200 RPM

1. Press the power button to turn on the system.
2. When standing on the vibration board platform, use the "Time Increase/Decrease" button to set the duration of manual exercise (note: the default time for this machine is 10 minutes, and the maximum time that can be set is 15 minutes)
3. Press the start button to start manual exercise.
4. Press the speed increase/decrease button to adjust the vibration speed. (Note: The minimum adjustable speed of this machine is 1, and the maximum adjustable speed is 200. H000-H200 adjustable speed)

FOR OPTIMAL RESULTS, PLEASE ALTERNATE BETWEEN PROGRAMS.

Keep your body in suspense. We tend to adapt, so we hope to continuously trigger physical changes. Each level has its unique benefits; However, we suggest starting with the first level: H001 and gradually moving up.

FCC Warning:

This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) this device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

NOTE: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation.

If this equipment does cause harmful interference to radio or television reception which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help

NOTE: This device and its antenna(s) must not be co-located or operation in conjunction with any other antenna or transmitter.

RF Exposure Statement

To maintain compliance with FCC's RF Exposure guidelines, the antenna used with this transmitter must be installed to provide a minimum separation distance of at least 20 cm from all persons and must not be co-located or operating in conjunction with any other antenna or transmitter.